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LOVING KINDNESS YOGATHON

CLASS SCHEDULE

Saturday October 2nd, 2004

St. Mary's Catholic Church

1062 Charnelton St. Eugene, OR

THE SHIFT STARTS NOW!!!!!!

YOGA CLASSES:

7:00-7:30am	Michele Bulgatz, Opening ceremony, Cynthia on harmonium
7:30-8:50am	Tom Clark, Anusara, continuing level, Michael Mandrell, guitar
9:00-9:50am	John Perry, Hatha yoga, all levels, Jeremy Wegner on sitar
10:00-10:50am	Nancy Wood, Family yoga from babes to elders
11:00-11:50am	Sat Ganesha, Kundalini yoga, Mahmut Genceli on percussion
12:00-12:50pm	Prayers for World Peace, Sharinam
1:00-1:50pm	Yoga, Meditation and Chanting...the big aha!! Alan Stein
2:00-2:50pm	Michele Bulgatz, Anusara, all levels, Randy Birzer on guitar
3:00-3:50pm	Glen Tippen, continuing level, Mahmut Genceli & Sally Kowan
4:00-4:50pm	Jean Nelson, vigorous flow, Jair
5:00-5:50pm	Karen Lackritz, therapeutic yoga, Michael Mandrell on guitar
6:00-7:00pm	Donna O'Neil, all levels, Justin King on guitar

KIRTAN CONCERT WITH SNATAM KAUR
accompanied by Mahmut Genceli and Forrest McDowell

MEDITATION CLASSES:

7:00-7:30am	Please join opening ceremony in Yoga hall
7:30-8:50am	Arun Toke, Chanting meditation
9:00-9:50am	Tara Jones, guided meditation 'In the Arms of the Mother'
10:00-10:50am	Sensei Suman Barkhas, Kirtan Meditation
11:00-11:50am	Jai Kartar, Kundalini meditation
12:00-12:50pm	Please join group prayer in Yoga hall
1:00-1:50pm	Gensei Morris, Soto Zen meditation
2:00-2:50pm	Miya Shimada, Taking and Giving (Tonglen) Meditation
3:00-3:50pm	Acharya Ravi, Classical Yoga Meditation
4:00-4:50pm	Jude Kehoe, Loving Kindness (Metta) Meditation
5:00-5:50pm	Jon West, Making Meditation a Habit
6:00-7:00pm	Please join KIRTAN CONCERT in Yoga hall

Come for an hour or the whole day!
Please come 20 minutes early to allow enough time to register before your classes begin.
Please make a donation or collect pledges for each class.
Please call Michele at 541-484-3689 if you have any questions.
Namaste!

The Sacred Feminine

We'moon calendar creators visit Eugene.

For more than two decades women have opened the pages of the *We'moon* calendar and drawn daily inspiration from it's empowering, woman-centric art and prose, embracing feminine goddess culture and celebrating the connection between pagan rituals and natural cycles.

"Every day women call me, sometimes in tears, telling me they love the calendar so much," said One, the office manager of Mother Tongue Ink (MTI), publisher of the calendar. "They thank me for the work that we do. Many of these women are straight, some are married. All kinds of women use *We'moon*. It offers them a different way of seeing the world."

Next weekend One, whose birth name is Tosca Clements, and special editor and contributing artist Bethroot Gwynn will conduct a series of workshops unveiling *We'moon 2005: Gaia Rhythms for Womyn — Sacred Paths*. In its 24th edition, *We'moon* is an international publication of women's art, poetry and prose formatted as a daily planner. It is popular in Eugene and every year hundreds of residents buy the new *We'moon* calendar.

We'moon's founders merged the Gregorian calendar with "knowledge of goddess culture and awareness of natural cycles," says Amy Schutzer, MTI's assistant manager. The calendar "emerged out of the women's movement," she says. "They sought to offer alternative information, to show that we don't have to carry on in a patriarchal way."

The result is a book that can be used for the day-to-day while informing users of moon cycles, astrology, pagan holidays and goddess myth. The calendar also challenges linguistic norms, particularly the use of the word "women."

Founder Musawa writes in the *We'moon 2005* introduction: "Instead of defining ourselves in relation to men (as in woman or female), we use the word *we'moon* to define ourselves by our primary relation to the natural sources of cosmic flow."

The book also presents and supports the artwork of women all over the world. Artists come from as near as Eugene and Portland, as far away as Auckland, New Zealand and Quito, Ecuador. Poems to goddesses, paintings of women and political prose fill every page. The images are as magical as they are diverse, incorporating graceful, swirling lines, brilliant colors, and influences from the natural world. The portraits include women of all shapes and sizes and frequently goddesses while scenes often depict women interacting with each other and the elements in empowering ways.

Because only a few hundred of the thousands of submissions can be printed in the calendar, One takes the submissions to "Weaving Circles" around Oregon to get feedback from as many women as possible. The Weaving Circles are open to any woman and in them, they discuss and share what artwork resonates with them. The process allows "all kinds of women to choose what will go in the next year's calendar."

"I think this is why the calendar is moving for so many women," One said. "The end product is universal."

That end product also appeals to some men. "We have been seeing an increase in men buying the calendar," Schutzer said. "There are a lot of men who also agree with this way of living — in harmony with earth and cycles."

Musawa is also the founder of the *We'moon* land, a women's intentional community on 52 acres in Estacada, Ore. MTI's offices are based there and the company has six primary employees, three *We'moon* residents along with three women from off the land.

"As a women's intentional community, *We'moon* is set up to empower women to empower themselves," long-time resident Schutzer said. "Women learn various life skills, one of which is a

cottage industry, (the *We'moon* calendar), that provides women's jobs."

"Living with women gives us a certain kind of freedom you don't have in a patriarchal culture. We can walk around with our shirts off," One said, laughing. "We can mow the lawn naked if we want to, and we do."

Thursday, Oct. 7 from 6 to 8 pm at Mother Kali's Books, 720 E.13th Ave, One and Bethroot Gwynn will present the 2005 calendar. Gwynn has been living on women's land for 29 years and recently brought her play, *Women: The Longest Revolution* to Eugene. The evening "is a chance for anyone to ask questions about the *We'moon* land and calendar, including what it's like to live on women's land, what it's like to work for *We'moon*, how to use the astrology and questions about the feminist information," One said.

Friday, Oct. 8 from 6 to 8 pm at Living Earth Herbs, 383 W.3rd Ave., One and Living Earth employees will lead a workshop on the herbs and flower essences that are highlighted in *We'moon 2005*.

Saturday, Oct. 9 from 1 to 5 pm will be a Eugene Weaving Circle open to all women. There will also be a Weaving Circle in Corvallis Sunday, Oct. 10 from 1 to 5 pm. Call (503) 630-7848 for directions to either circle.

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